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Wellness on My Mind



"Wellness On My Mind" is a regular e-newsletter for members, retirees and HR/benefit coordinators of the State Health Benefit Plan.



Why Wellness? Why Now?

Why is wellness on our minds? For Calendar Year 2012, the State Health Benefit Plan (SHBP) introduced the Wellness Plan Option to its nearly 660,000 members. More than half of SHBP members chose this plan option, and even better, more than half of those members fulfilled the 2012 Wellness Promise that required two health actions: (1) getting a biometric screening for their blood cholesterol, blood pressure, blood glucose and body mass index (BMI); and (2) completing an online Health Assessment through their plan vendor (Cigna or UnitedHealthcare).

The result: Georgia's Wellness Plan -- for state employees, teachers, school system employees, certain contract groups, retirees, and covered dependents -- is now one of the largest in the nation. However, size isn't the only reason that wellness is on our minds.

Of all 2012 SHBP Wellness Plan Option members who underwent a biometric screening for Calendar Year 2012, more than half of them were outside of the healthy target goal for blood pressure. And, almost three-quarters of those screened had higher BMI scores than the recommended measures for their age, weight, height and gender. Some good news to report: the vast majority of those screened were on target with cholesterol and blood sugar measures.

The findings as shown below will serve as the baseline measure to reflect the health of our members in the coming years. (Please note: Your health plan vendor (Cigna or UnitedHealthcare) does NOT report your personal information to SHBP. Measures, such as those shown below, are ONLY reported in the aggregate for groups of members and are not personally identifiable to SHBP.)

SHBP Member Baseline Biometric Screening Results
Calendar Year 2012 -- Data as of 12/31/12

Biometric	Target	Within Target	Outside Target
Blood Pressure	<140/90	46%	54%
LDL Cholesterol	<130	78%	22%
Blood Sugar (Glucose)	<100	82%	18%
Body Mass Index (BMI)	<30kg/m2	26%	74%

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SHBP has your wellness and good health in mind. We welcome your questions and comments at SHBPinquiries@dch.ga.gov

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Deadline Nears for Completing 2013 Wellness Requirements

2013 SHBP Wellness Plan Members Encouraged to Act Now

The State Health Benefit Plan (SHBP) administers both Standard and Wellness Plan Options for members through Health Reimbursement Arrangement (HRA), High Deductible Health Plans (HDHP), and Health Maintenance Organization (HMO) Plans.

SHBP's 2013 Wellness Plan, with 252,401 enrollees as of January 2013, is one of the largest in the nation. SHBP's Wellness Initiative was introduced in 2012 to incentivize members to become more informed and empowered health care consumers.

Members enrolled in a 2013 SHBP Wellness Plan Option (rather than one of the 2013 SHBP Standard Plan Options) experience lower premiums and receive richer plan benefits in return for becoming actively engaged in their overall health and well-being.

2013 SHBP Wellness Requirements

Group 1: Members who were enrolled in a 2012 SHBP Wellness Plan Option and met the 2012 Wellness Promise were eligible for the 2013 Wellness Plan Option.*

These members made the 2013 Wellness Promise and these members and their spouses (if covered) are required to take the following two health actions** to meet the 2013 Wellness Requirements:

1. The member and spouse (if covered) must each complete their health plan vendor's (Cigna or UnitedHealthcare) **online Health Assessment** through www.mycigna.com or www.myuhc.com between January 1, 2013, and 4:30 p.m. ET on May 31, 2013; and print a copy of the Confirmation of Completion; and
2. The member and spouse (if covered) must each complete an **online health education module** through the SHBP Member Education Portal at www.AHealthierSHBP.com between January 1, 2013, and 4:30 p.m. ET on May 31, 2013; and print a copy of the Confirmation of Completion.

** SHBP members who fulfilled the 2012 Wellness Promise and selected a 2013 Wellness Plan Option do not need to complete another biometric screening for 2013.*

***A newly enrolled spouse (for 2013) must complete three health actions to meet the 2013 Wellness Requirements. In addition to the two requirements above, a newly enrolled spouse must complete a biometric screening (including body mass index (BMI), blood pressure, cholesterol, and glucose) through a physician's office between July 1, 2011, and 4:30 p.m. ET on May 31, 2013. The physician must complete the 2013 Physician Screening Form showing all test results and fax to the number shown on the form between November 1, 2012, and 4:30 p.m. ET on May 31, 2013.*

Group 2: Members who were not enrolled in a 2012 SHBP Wellness Plan Option.

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Members who selected a 2013 SHBP Wellness Plan Option and were not enrolled in a 2012 Wellness Plan Option made the 2013 Wellness Promise. These members and their spouses (if covered) are required to take the following [three health actions](#) to meet the 2013 Wellness Requirements:

1. The member and spouse (if covered) must each complete an online health education module through the SHBP Member Education Portal at www.AHealthierSHBP.com between January 1, 2013, and 4:30 p.m. ET on May 31, 2013; and print a copy of the Confirmation of Completion; and
2. The member and spouse (if covered) must each complete their health plan vendor's (Cigna or UnitedHealthcare) online Health Assessment through www.mycigna.com or www.myuhc.com between January 1, 2013, and 4:30 p.m. ET on May 31, 2013; and print a copy of the Confirmation of Completion; and
- . The member and spouse (if covered) must each complete a biometric screening (including body mass index (BMI), blood pressure, cholesterol, and glucose) through a physician's office between July 1, 2011, and 4:30 p.m. ET on May 31, 2013. The physician must complete the 2013 Physician Screening Form showing the test results and fax to the number shown on the form between November 1, 2012, and 4:30 p.m. ET on May 31, 2013.

Important Notes:

Please keep proof of completion/confirmation for above steps 1 and 2 in your files. The 2013 Wellness Requirements deadline for completing these health actions (including required submissions) is May 31, 2013, at 4:30 p.m. ET.

An annual physical does not automatically fulfill the biometric screening requirement. Biometric screenings may be performed through Out-of-Network or Network physicians. The member will pay the full cost of the screening if it is performed by an Out-of-Network physician. Biometric screenings performed through Network physicians are considered preventive and are covered at 100% if properly coded as preventive care.

For additional information on the 2013 Wellness Requirements, including the 2013 Physician Screening Form, please visit www.dch.georgia.gov/shbp and select the Summary Plan Description for your plan.)

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Act Now. Earn 20. Feel Better.

2014 SHBP Incentive Fund Contributions Available to Standard and Wellness Plan Members

SHBP members and spouses (if covered) who are enrolled in either a 2013 Standard or Wellness Plan Option (in HRA, HDHP or HMO Plan Options) will each be able to earn a \$240 incentive fund contribution for 2014 by meeting the 2013 Wellness Requirements as outlined above. *(That's a total incentive fund contribution of \$480 for the member and spouse (if covered) for meeting the 2013 Wellness Requirements.)*

The earned incentive fund contribution will be rewarded as long as the member is enrolled in a 2014 SHBP Wellness or Standard Plan Option. In addition to the \$240 incentive fund contribution, there may be additional incentives. To ensure eligibility for all wellness-related incentives in 2014, the member and spouse (if covered) must each meet the 2013 Wellness Requirements.

2014 SHBP Incentive and Contribution Requirements

For 2013 SHBP Standard and Wellness Plan members and spouses (if covered) enrolled in an HMO, HRA or HDHP Plan Option to each earn a 2014 incentive fund contribution, the following health actions must be completed by May 31, 2013, at 4:30 p.m. ET:

1. Complete an online health education module through the new SHBP Member Education Portal at www.AHealthierSHBP.com between January 1, 2013, and 4:30 p.m. ET on May 31, 2013.
2. Complete your vendor's (Cigna or UnitedHealthcare) online Health Assessment through www.mycigna.com or www.myuhc.com between January 1, 2013, and 4:30 p.m. ET on May 31, 2013.
3. Complete a biometric screening* if you are new to the Wellness Option in 2013, or if you enrolled in the Standard Option in 2013. The biometric screening (for body mass index (BMI), blood pressure, cholesterol and glucose) must be completed at a physician's office between July 1, 2011, and May 31, 2013. The physician must complete the 2013 Physician Screening Form and fax it to the number shown on the form between November 1, 2012, and May 31, 2013, at 4:30 p.m. ET.

If you completed the biometric screening component of the 2012 SHBP Wellness Promise (biometric screening between July 1, 2011, and June 30, 2012, and the physician faxed the completed 2012 Physician Screening Form by the June 30, 2012, deadline), you do **not need to complete another biometric screening.*

Important Notes:

Please keep proof of completion/confirmation for above steps 1 and 2 in your files. The 2013 Wellness Requirements deadline for completing these health actions (including required submissions) is May 31, 2013, at 4:30 p.m. ET.

An annual physical does not automatically fulfill the biometric screening requirement.

For additional information on the 2013 Wellness Requirements including the 2013 Physician Screening Form and the 2014 Incentive Fund Contribution, please visit www.dch.georgia.gov/shbp and select the Summary Plan Description for your plan.

Here's the Line Print -- 2014 SHBP Incentive and Contribution

All required actions described above must be completed and submitted by the member and spouse (if covered) by May 31, 2013, 4:30 p.m. ET to earn incentive fund contributions for 2014.

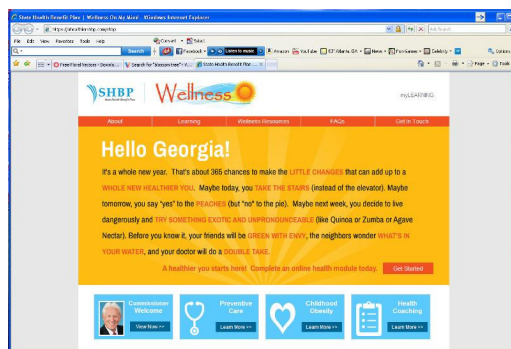
Those members and spouses (if covered) who both complete all required actions by the dates stated above will each be awarded the \$240 incentive fund contribution (\$480 total) on January 1, 2014, and may be eligible for additional benefits as determined by SHBP at its sole discretion.

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Does Eating Dessert Cause Diabetes

Is salt really bad for you? Aren't all MRI scans priced the same? When should you visit your neighborhood convenience care clinic or the ER?

These and other questions are answered at AHealthierSHBP.com, the new home of the



State Health Benefit Plan (SHBP) Wellness Learning Center. Designed specifically for members of the SHBP, www.AHealthierSHBP.com offers informative and educational online health modules to promote health, wellness -- and more.

"The SHBP Wellness Learning Center is an innovative, interactive incentive-based learning tool designed to help create a healthier member physically and financially -- and a fiscally healthier SHBP," said Trudie Nacin, director of DCH's SHBP. "As a primarily self-funded, self-insured plan, the cost of SHBP's health care is directly related to the health of our SHBP members. So it pays to be healthy in more ways than one."

To encourage healthy behaviors, current members in 2013 SHBP Wellness Plan Options pay lower premiums in return for fulfilling the 2013 Wellness Requirements. To learn more about those requirements, see "*Deadline Nears for Completing 2013 Wellness Requirements*" found in this issue or visit www.dch.georgia.gov/shbp.

The SHBP Wellness Learning Center went live on January 1, 2013, and will be updated with new content throughout the year.

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New SHBP Wellness Plan Members -- Take 3

Three Healthy Actions to Fulfill Your 2013 SHBP Wellness Promise



Members and spouses (if covered) who are new to a 2013 SHBP Wellness Plan Option (selecting a Wellness Plan Option for the first time in 2013) must take the following three **health actions** to fulfill their 2013 SHBP Wellness Promise:

1. Complete an online health education module through www.AHealthierSHBP.com.
2. Complete your vendor's (Cigna or UnitedHealthcare) online Health Assessment through www.mycigna.com or www.myuhc.com.
3. Complete a biometric screening (including body mass index (BMI), blood pressure, cholesterol and glucose).

NOTE: For more details on these three required health actions, see "Deadline Nears for Completing 2013 Wellness Requirements" in this issue or visit www.dch.georgia.gov/shbp. The deadline to complete and submit all of the above 2013

SHBP Wellness Promise requirements is 4:30 p.m. ET on May 31, 2013.

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Returning SHBP Wellness Plan Members -- Take 2

Two Healthy Actions to Fulfill Your 2013 SHBP Wellness Requirements

Members and spouses (if covered) who met the 2012 SHBP Wellness Promise and selected a SHBP Wellness Plan Option for 2013 must take the following **two health actions** to fulfill their 2013 SHBP Wellness Requirements:

1. Complete an online health education module through www.AHealthierSHBP.com.



2. Complete your vendor's (Cigna or UnitedHealthcare) **online Health Assessment** through www.mycigna.com or www.myuhc.com.

NOTE: For more details on these two required health actions, see **Deadline Nears for completing 2013 Wellness Requirements** in this issue or visit www.dch.georgia.gov/shbp. The deadline to complete and submit all of the above 2013 SHBP Wellness Promise requirements is 4:30 p.m. ET on May 31, 2013.

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Why Do You Want To Be Healthy?



Got a minute? Tell us what drives you and keeps you motivated to get healthy -- and stay healthy. Is it because you want more energy? Want to dance at your son's wedding? Or maybe you just want to feel better -- and look your best. Click here <http://www.surveymonkey.com/s/9JRZG7Z> to take our quick survey. And remember, all responses are confidential and strictly anonymous.

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Healthy, Wealthy and Wise

Food and Healthy Tips for 2013 Part 1

The key to achieving and maintaining good health isn't just about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing your mental, physical and spiritual well-being.

Here's Part 1 of a good start to a healthier you:

Source: Centers for Disease Control and Prevention
[Healthy Weight it's not a diet, it's a lifestyle](#)

1. See red and a rainbow

Foods that are naturally red are a good choice for good nutrition. When you see red in fruits and vegetables, it's a sign that these foods contain the compounds lycopene and anthocyanin. These dietary good guys, classified as antioxidants, are associated with promoting heart health, protecting cells from damage, improving memory function, aiding blood sugar control, and lowering the risk of certain cancers, including prostate cancer. By eating a rainbow variety of fruits and vegetables from each color group, you have a better chance of getting a variety of antioxidants, vitamins, minerals and other healthy compounds. Your good health is that pot of gold! Source: The Atlanta Journal-Constitution
<http://www.ajc.com/news/lifestyles/food/cooking/seeing-red-for-good-health/nWFy>



2. Snack sensibly

Fresh and dried fruits can be a tasty way to add fiber, vitamins and minerals to a healthy diet. Trail mix varieties are a good to excellent source of protein, fiber, Vitamin E, Omega-3 fatty acids and other essential minerals. Bonus! These snacks are good on the go! Source: Waymouth Farms Inc. http://www.waymouth.com/good_sense.php

3. A picture is worth 1,000 words and extra pounds

The illustration below shows typical portion sizes compared to common items. This can help you pay close attention to how much you are really eating and where those extra pounds may be coming from.

Source: Snack Sense http://www.snacksense.com/healthy_snacking_portion_control.

1 cup =		Baseball
3/4 cup =		Tennis Ball
1/4 cup =		Computer Mouse
1/4 cup =		Egg
3 oz =		Deck of Cards
2 tablespoons =		Ping Pong ball

4. Exercise at your desk

Start with these quick and easy exercises when you need a break and can't get out of the office.

Push-up

Put one hand on each arm of your chair. Push yourself up off the chair. Lower yourself back down slowly, but don't let your bottom touch the seat. Repeat 15 times.

Stomach squeeze

Tighten your stomach muscles and hold that pose for several seconds. Relax, and then do it again. Try to do 15 of these.

Knee bath

If you sit around in office chairs all day, your knee joints aren't being lubricated. That can lead to knee pain. Try the quad pump, a 10-second exercise that causes your cartilage to secrete fluid, bathing the knee joint in nutrients to keep it healthy. Sit in a chair and extend your legs straight out so that your heels rest on the floor. Now tighten your quadriceps (the thigh muscles above your knees). Hold the contraction for 2 seconds, then release. Repeat five times to squeeze lubrication into your knee joint. Feel better?

Source: Rodale

<http://www.rodale.com/healthy-living-tips>

5. Exercise on the go

If you work in an office, get up every 30 minutes and go for a walk. If you have an office with stairs, run up and down the stairs every couple of hours. Get your blood flowing and your muscles moving. Source: ifehack <http://www.lifehack.org/articles/lifestyle/8-tips-for-healthy-living-on-the-go.html>

6. Early morning hydration

If you haven't time for anything else in the morning, make time to [drink](#) a big glass of water. We lose a lot of oxygen through the night and to rejuvenate our cells, we need to supply them with water and oxygen. Drink a glass of water and within a week you'll begin to feel less tired. And for a change of pace, squeeze some fresh lime into your water.

Source: ifehack

<http://www.lifehack.org/articles/lifestyle/8-tips-for-healthy-living-on-the-go.html>

7. Deep breathing

When you've got time -- at your desk, driving the car, cooking food -- do some deep breathing. Inhale and count up to five seconds, hold it for a few seconds, and release slowly. Exchange of oxygen and carbon dioxide is one of the best things we can do for our blood and cells. Source: ifehack <http://www.lifehack.org/articles/lifestyle/8-tips-for-healthy-living-on-the-go.html>

Part 2 (Healthy Tips 8 - 13) will be continued in our next issue of **SHBP Wellness On My Mind**.

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Lessons Learned at www.AHealthierSHBP.com

SHBP Wellness earning enter ontributes To A Healthy Georgia

One of the 2 3 SHB Wellness Requirements is focused on health education for SHB members. By providing members with the information and resources needed to enjoy a healthy life, SHB members can become and remain healthy Georgians. This also means members will be filing fewer health care claims, which means that our primarily self-funded plan will become financially healthy as well.



Since the SHB Wellness earning Center (www.AHealthierSHB.com) went live, more than 2 , members (and covered spouses) as of February 2 , 2 3, have completed the first online health education module titled, Are ou Right On or At Risk?

Using an interactive story-lesson approach, members learn about the importance of undergoing biometric screenings and what can be done to address certain health risks. A quick A tests the member's understanding of the content presented.

While each module only takes about 7 to minutes to complete, we're finding that members are spending an average of about 2 minutes on the site to explore the resources and other helpful information. In the coming weeks, additional modules will feature making better, more informed health care decisions that save on out-of-pocket costs increasing use of preventive care and wellness programs and the importance of setting goals -- and sticking to them.

Look for these health education modules on www.AhealthierSHB.com:

- Module 1 Are ou Right On or At Risk? (Available now)
- Module 2 Are ou a Smart Health are onsumer? (Available mid March)
- Module 3 Are ou Taking Full Advantage of our Plan? (Available early April)
- Module 4 Are ou Ready to Take harge and Set oals? (Available mid April)

We'll be adding new content to www.AHealthierSHB.com throughout 2 3, so visit often. Remember, the completion of an online health module fulfills one of your 2 3 SHB Wellness Requirements. And, when you and your spouse (if covered) complete all 2 3 SHB Wellness Requirements by ay 3 , 2 3, you'll each earn 2 in incentive fund contributions for 2 .

To learn more about the 2 3 SHB Wellness Requirements or the 2 Incentive Fund Contribution Requirements, see Deadline Nears for ompleting 2013 Wellness Requirements and Act Now. Earn \$240. Feel Better. in this issue.

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Wondering About Your Privacy and Security?

uring our State Health Benefit lan (SHB) Focus Groups held with SHB members in the fall of 2 2, attendees asked who would be seeing their biometric screening data or any other personal health information found in the online health assessments completed with

their Cigna or UHC vendors. So here's the answer...

Your employer will not see your biometric screening results or the answers to your health

assessment questions. Some HR/Benefits Employees at your employer help enroll employees in the SHBP. The SHBP Division of the Department of Community Health (DCH) provides those HR/Benefits Employees with limited information that is necessary to help with member enrollment. If completion of the wellness requirements affects enrollment for next year, the SHBP Division will provide these HR/Benefits Employees with wellness requirements information only that was completed by the member and the covered spouse. By law, the HR/Benefits Employees are only allowed to use this information to help with enrollment. They are not allowed to share this information with anyone else at your employer, and they will never be provided results of the biometric screenings or answers to the health assessment questionnaires.

As your health plan administrator, the SHBP has policies and procedures in place to protect you and your protected health information. DCH and SHBP are committed to adhering to all federal and state regulations regarding the privacy and security of your personal identity and health information.

For more information about how your health information is used and protected, please go to www.dch.georgia.gov, choose SHBP, then Legal Notices to review the SHBP Privacy Notice.

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SHBP Wellness Mailbox

Q. When and where will the SHBP-sponsored biometric screening locations be held in 2013?

A. SHBP is not sponsoring onsite (workplace or other group setting) biometric screenings in 2013. To meet the biometric screening component of the 2013 Wellness Requirements, members must complete their screening through a physician. This also ensures that the member will find a Primary Care Physician (PCP) or medical home to coordinate their care. Since many PCPs require several weeks' advance notice for these visits, we encourage you to schedule your appointment today. Make sure you take the 2013 Physician Screening Form to your appointment. The form can be found at www.dch.georgia.gov/shbp.



Q. I completed a biometric screening in 2012. Do I need to do it again this year?

A. No, you do not...provided you underwent the screening that fulfilled the requirement of the 2012 Wellness Promise (with the four measures: body mass index, blood pressure, glucose and cholesterol) by the June 30, 2012, deadline.

Q. I want to make sure I'm getting the most out of my health plan, but there is so much information to wade through. Can you help?

A. In our next issue, we plan to cover that topic. So stay tuned

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Well Now, Time to Speak Out

Tell us what you think about the new SHBP Wellness Learning Center, AHealthierSHBP.com. What do you like? What can we improve? What did you learn? How is it helping you become a healthier person?

And let us know what you'd like to see in future issues of the **SHBP Wellness On My Mind** newsletter. Success stories from your co-workers? Healthy hints you've picked up along the way? Workplace exercises? Ways to work out with the whole family?

We want to hear from you. Write to us at SHBPinquiries@dch.ga.gov and we'll respond

to you and include it here in our SHB Wellness Mailbox.

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Maple Sweet Potatoes

A Tasty Healthy Recipe

Sweet potatoes are considered a superfood. Coined by the food marketing industry, superfood refers to a food containing many positive health benefits with minimal negative effects -- such as being low in saturated fats or sugars.



A medium-sized sweet potato contains an estimated 111 calories when baked in the skin, making it an excellent ingredient to incorporate into a diet focused on weight management. The sweet potato contains four times the amount of recommended daily intake for Vitamin A, which can aid in immune function, bone development and vision. Sweet potatoes are also a great source of Vitamin C that helps with iron absorption, wound healing and the body's ability to fight off infections.

Blood sugar problems? No worries! The deep orange-colored sweet potato offers manganese useful in maintaining blood sugar levels. Sweet potatoes are also considered a complex carbohydrate -- meaning energy is broken down at a steady pace over time -- helping to avoid sugar highs or lows. Eating a sweet potato with the skin on it can also lower the glycemic index of the food, making it a good option for diabetics.

Georgia sweet potatoes are available from August through February, but sweet potatoes can be found in stores year-round. When selecting the perfect potato, make sure it is firm to the touch and there are no visible signs of decay. Sweet potatoes can be stored in a cool, dry, well-ventilated container for up to two weeks. Pick out potatoes that have uniform shape to encourage even cooking.

Now when you see this superfood on menus and in stores, you can choose confidently -- not only for the wonderful benefits, but also for the delicious guilt-free sweet taste.

(Our thanks to Melanie Harris, Georgia Department of Agriculture, for contributing this article.)

Maple Sweet Potatoes

Preparation Time: 10 minutes

2 medium-large sweet potatoes

2 Tbsp yogurt, plain, non-fat

1 Tbsp maple syrup

1 Tbsp orange juice

Pierce potato skins with a fork. Microwave on high for 3-4 minutes until soft and easily pierced with a knife. Scoop out pulp into a medium bowl. Mash the pulp and stir in yogurt, maple syrup and orange juice. Transfer to a microwave-safe bowl and microwave for 1-2 minutes. Place pulp in sweet potato skins and serve.

Serves: 2

Nutrition Information per Serving:

Calories:

Total Fat: g

Saturated Fat: g

% of Calories from Fat:

Calories from Sat Fat:

Protein: 3g

Carbohydrates: 35g
Cholesterol: 0mg
Dietary Fiber: 4g
Sodium: 80mg

From <http://www.fruitsandveggiesmorematters.org/maple-sweet-potatoes>

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Disclaimer: *This material is for informational purposes and is not a contract. It is intended only to highlight principal eligibility and benefits. Every effort has been made to be as accurate as possible; however, should there be a difference between this information and the Plan documents, the Plan documents govern. It is the responsibility of each member, active or retired, to read the Summary Plan Description and all Plan materials provided to fully understand the eligibility and option provisions.*

The State Health Benefit Plan

The Georgia Department of Community Health's (DCH) Public Employee Health Benefits Division, known as the State Health Benefit Plan (SHBP), serves as the state's administrator of health insurance coverage for state employees, teachers, school system employees, certain contract groups, retirees and covered dependents.

The state plan is actually three plans: the State Employees Plan, the Teachers Plan, and Public School Employees Plan.

SHBP is primarily a self-insured, self-funded plan operated through employer contributions (i.e., state agencies and public school systems) and employee/member premiums paid monthly to the Plan.

General Queries: SHBP Call Center 1-800-610-1863 or www.dch.georgia.gov/shbp or you may contact SHBP at SHBPinquiries@dch.ga.gov.

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